


Snack action for preschoolers:



The power of snacks

How to make them the best

What you'll get in this session:



- Guidelines on how to optimize snacks
- Snack recipe cards designed to assist providers of childcare and preschool to plan, prepare and serve snacks that promote the Dietary Guidelines
- Literacy connections

Snack Power



- An opportunity to create healthy habits
- An opportunity to increase consumption of foods that may be lacking in children's diet
- An opportunity to provide needed calories and nutrients together

Snack Power



- An opportunity to combine learning and eating (learning about healthy eating and foods through books; learning how to prepare and serve food)
- An opportunity to create a caring and social environment

Snack guidelines



- Two planned snacks a day
- Regular times
- Two hours before a meal
- Include two food groups
- Think about snacks as an extension of the meal plan, not something extra

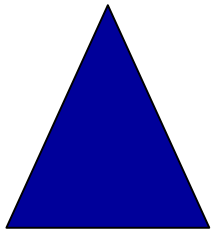
Snack helps



- Focus group research with Iowa child care providers found that they know they have the opportunity to influence children's eating habits...and they want to!
- They want recipes for healthy snacks.
- They need practical tips on how to plan physical activity for their children.

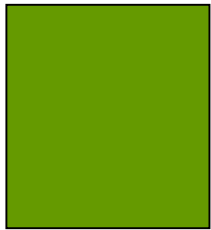
How do I use these cards?

The recipe selections are designed to assist you to plan snacks and daily physical activities for young children that meet the Dietary Guidelines for Americans. The Guidelines point the way to good health.



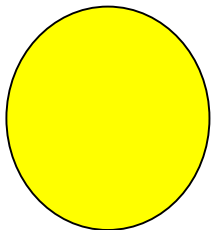
Aim for Fitness

1. Aim for a healthy weight.
2. Be physically active every day.



Build a Healthy Base

3. Let the Pyramid guide your food choices.
4. Choose a variety of grains daily, especially whole grains.
5. Choose a variety of fruits and vegetables daily.
6. Keep foods safe to eat.



Choose Sensibly

7. Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
8. Choose beverages and foods to moderate your intake of sugar.
9. Choose and prepare foods with less salt.

How do I use these snack cards?

The logo in the upper right hand corner of the card indicates whether the recipe provides:

a fruit or vegetable serving



or

a grain/bread serving

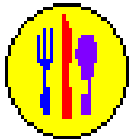


The condiment cards are not intended to provide an entire serving of these components. Therefore these logos do not appear on those cards.

How do I use these snack cards?

- The Dietary Guidelines specifically focus on choosing more grains (especially whole grains), fruits and vegetables. The recipes included were selected to provide either a fruit, vegetable or bread/grain serving for snacks for 1 to 5 year olds according to Child and Adult Care Food Program guidelines. The recipes also emphasize fruits and vegetables high in vitamins A and C. Snacks are the focus because they are often high in fat, sodium and sugar and low in nutrient density. Offering nutritious snacks to young children teaches them to appreciate a wide variety of food as well as replacing snack foods low in nutrients.
- The serving suggestions include recommendations on how to incorporate the recipe into an entire snack plan. The serving suggestions are located in the lower right hand corner next to this logo. Below is an example of what you will see.

Snack Idea



Serving for 1-5 yr. old

1 wrap-up served with 1/4 cup
papaya slices

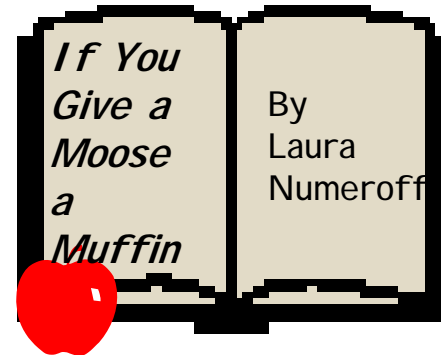
From *What's Cooking at Super
Wednesday Fitness*

The source of the recipe is also given under the snack idea.

How do I use these snack cards?

Each card provides a book title appropriate for young children. The books relate to specific foods in the recipes, to healthy eating or to physical activity.

The books give you an opportunity to develop children's reading readiness as well as to broaden their understanding and appreciation for a wide variety of foods.



Tips for Involving Young Children in Food Preparation

Involving young children in food preparation and food serving promotes learning and appreciation for a wide variety of foods. Young children can participate in some steps in all of these snack recipes. Evaluate these recipes step-by-step according to these developmental guidelines offered by the United States Department of Agriculture* to determine how to involve children.

2-year-olds can:

Wipe table tops

Scrub vegetables

Tear Lettuce Greens

Break Cauliflower

Move pre-measured ingredients from one place to another

Snap green beans

Wash salad greens

Play with utensils

Bring ingredients from one place to another

3-year-olds can do what 2-year-olds can plus:

Wrap potatoes in foil for baking

Knead and shape yeast dough

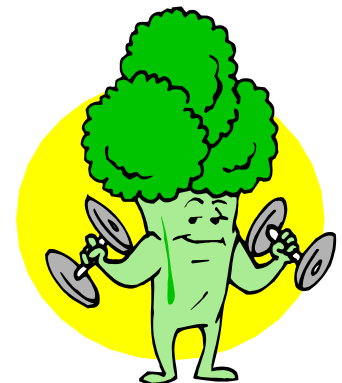
Pour liquids (not hot liquids)

Mix ingredients

Shake liquids

Spread soft spreads

Place things in trash



Tips for Involving Young Children in Food Preparation

4-year-olds can do what 2- and 3-year-olds can plus:

Peel oranges or hard cooked eggs
Move hands to form round shape
Mash bananas

Cut with dull scissors - green onions, parsley, dried fruit
Set table

5- and 6-year-olds can do all of the above plus:

Measure ingredients
Cut with a blunt knife
Use an egg beater



*Source: *Tips for Using the Food Guide Pyramid for Young Children*, p. 10 USDA Center for Nutrition Policy and Promotion.
www.usda.gov/cnpp

Wrap-Ups

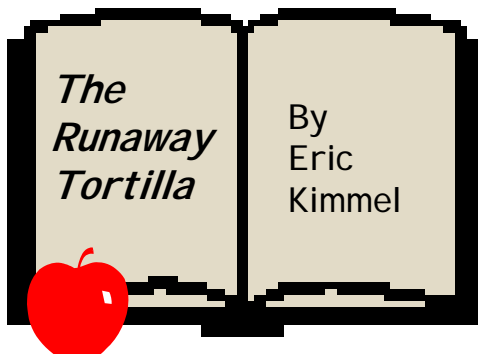
4-5" tortilla
1 tsp.. low-fat mayonnaise
1 tsp.. low-fat sour cream
1/4 cup chopped or grated
vegetables (tomato, red
pepper, cucumber, carrot,
onion, zucchini) or cooked
dried beans
2 Tbsp.. grated cheese

Makes 1 wrap-up

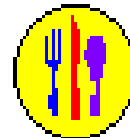
1. Mix mayonnaise and sour cream.
Spread on one side of tortilla.
2. Top with 1/4 cup chopped
vegetables and grated cheese.
3. Fold the tortilla in half or roll it
up for a sandwich on the go.

Avocado Option:

Mix a small amount of mashed
avocado into the
mayonnaise/sour cream spread.



Snack Idea



Serving for 1-5 yr. old

1 wrap-up served with 1/4 cup
papaya slices

From *What's Cooking at Super
Wednesday*

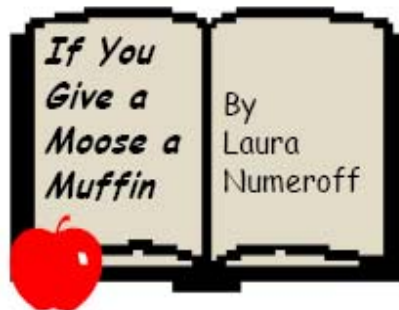


Surprise Muffins

1 cup whole wheat flour
1 cup quick-cooking oats
2 tsp. baking powder
1/2 tsp. cinnamon
1/4 cup brown sugar
1/4 cup oil
1 egg
1 cup milk
1/4 cup jam

1. Preheat oven to 400 degrees.
2. Mix dry ingredients except brown sugar in a bowl.
3. Combine brown sugar, oil, egg and milk until smooth.
4. Add brown sugar mixture to dry ingredients and mix until moistened.
5. Fill 12 greased muffin cups 1/4 full. Spoon 1 tsp. jam over batter and fill each cup 3/4 full with remaining batter.
6. Bake 15-20 minutes.

12 servings



Snack Idea



Serving for 1-5 yr. old

1 muffin and 1/2 cup apple juice

*From Coming Home to Iowa:
Favorite Recipes of 4-H Families
and Friends*

Training Video

A thick, horizontal yellow brushstroke underline that spans the width of the slide, positioned directly beneath the title.

The cards provide child care and preschool providers with hands on tools for planning and preparing healthy snacks and physical activity.

The training video shows how it's done in a variety of settings.